



INTERNAL AUTHORITY:



30 DAYS TO SELF - TRUST & ALIGNMENT

The Yellow Cedar Project

Consistency builds
self-trust.

The Yellow Cedar Path

Canopy – Phase III: Legacy Integration



Trunk – Phase II: Structural Leadership

Roots – Phase I: Internal Authority

The Yellow Cedar Project

The Yellow Cedar Project is a multi-level leadership ecosystem designed for high-impact women who are ready to build legacy without abandoning themselves.

Phase I: Internal Authority
Phase II: Structural Leadership
Phase III: Legacy Integration

This workbook is Phase I.

Welcome to the 30-Day Self-Trust Rebuild

I created this for working mothers who carry so much, often unseen. You show up. You decide. You keep life moving. You hold everything together. And in the middle of all you give, your own needs can fade — your tiredness, your intuition, your quiet yes and no. High-achieving women trust their abilities. What we quietly question is ourselves. Self-trust grows through small evidence: promises kept, boundaries honored, signals noticed. Over the next 30 days, we'll gently rebuild that trust with simple steps that fit into real life. If you miss a day, continue. Meet yourself with kindness. You are not broken. You are rebuilding — one small choice at a time.

—Carlene Lucke
LuckeLife Society Founder



The Origin of the Yellow Cedar Project

This work was not created from theory.
It was created from rebuilding.

There was a time when I was functioning well on the outside — working, leading, holding life together — but internally I felt fractured. I trusted my competence. I did not always trust myself.

After navigating injury, post-traumatic stress, financial strain, and the identity shift that can follow disruption, I had to slow down. In that slowing, I began to see patterns clearly.

Not dramatic ones.

Small ones.

Where I overrode fatigue.

Where I minimized intuition.

Where I said yes when my body said no.

Where I believed I had to shrink to stay connected.

Nothing changed overnight.

I began rebuilding through structure.

Five minutes of breathing.

One protected boundary.

One decision made without circling.

One promise kept to myself each day.

Over time, something steadied.

Not louder.

Not harder.

Steadier.

The Yellow Cedar became a symbol of that process.

Roots first.

Then trunk.

Then canopy.

This workbook is Phase I: Internal Authority.

Because when your roots are steady, your growth no longer costs you yourself.

If I rebuilt this foundation, you can too.

— *Carlene Lucke* Founder, LuckeLife Society



How to Use This Workbook

This is a building and refining process.

Each week, you will be introduced to small practices designed to stabilize your nervous system, strengthen structure, and rebuild self-trust.

In the beginning, you will stack practices to increase awareness.

As the weeks progress, you will begin to identify which tools work best for you.

By Day 30, you will not be doing everything.

You will be carrying a personalized toolbox – practices that regulate you daily and support you during high-pressure or unexpected moments.

- Each task takes 5–20 minutes.
- Add new practices gradually.
- Notice what feels effective.
 - Adjust where needed.
 - Keep what works.

This is not rigid discipline.

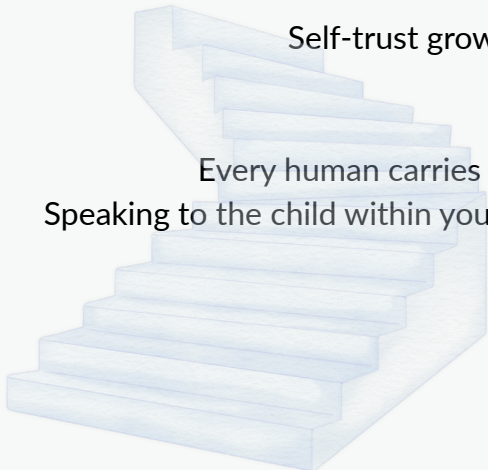
It is responsive self-leadership.

Missed a day? Resume. Do not restart.

Self-trust grows through return – not perfection.

Every human carries some form of trauma – direct or indirect.

Speaking to the child within you helps rebuild the foundation of safety and self-trust.



This is a steady rebuild – not a race.

WEEK 1 – Stabilize the Nervous System

I regulate before I react.

Before we rebuild self-trust, we rebuild safety.

Working mothers operate at a high internal pace.

Decisions.

Notifications.

Responsibilities.

Interruptions.

Even when the house is quiet, your mind rarely is.

If your nervous system feels constantly “on,” it becomes difficult to trust your decisions. Not because you are incapable – but because your body is operating from pressure.

This week is not about doing more.

It is about slowing the internal noise.

When your body feels safe, your thoughts become clearer.

When your breathing steadies, your reactions soften.

When your system regulates, your intuition becomes easier to hear.

This week, your only focus is internal stability.

Small practices.

Short resets.

Moments of pause.

You are not fixing yourself.

You are creating space to listen.

This Week You Will:

- Reduce internal noise
- Notice where you override your body
- Practice responding instead of reacting
- Build small moments of regulation



Week 1 Practices

Daily Self-Trust Check-In

After completing day's practices:

Today I showed up for myself by:

Right now, I feel: Calm / Clear / Capable / Neutral / Resistant / Energized

One sentence I want to remember from today:

Day 01 – I gave 5 minutes of box breathing upon waking

Daily Notes:

Day 02 – I created 10-minute silent reset (no phone, no input)

Daily Notes:

Day 03 – I went for 15-minute outdoor walk (steady rhythm)

Daily Notes:

Day 04 – I did a Progressive muscle relaxation before bed

Daily Notes:

Day 05 – I successfully did a Digital sunset (no screens 1 hour before sleep)

Daily Notes:

Day 06 – I did a Cold water face rinse reset

Daily Notes:

Day 07 – Reflect: Where did I override myself?

I showed up for myself today.



CUP FIRST. THEN POUR.

Week 1 Reflection

From Awareness to Authority

This week was about understanding where you are starting.

You cannot build confidence on guesswork.

You build it on clarity.

Review your daily check-ins before answering.

1. When did I feel most steady this week – and what helped create that?

2. Where did I notice myself reacting automatically?

3. What pattern am I now aware of that I was ignoring before?

4. What did I prove to myself this week?

This question is key.

It builds confidence.

One strength I showed this week:



The Emergency Reset Protocol For High-Pressure Moments

You now understand your baseline.

Every human carries experiences that shaped their sense of safety – some direct, some indirect.

When we speak gently to the younger part of ourselves, we rebuild internal security and self-trust.

When pressure rises, this is how you stay steady.

3 Steps

1. **Breathe deep.**

Slow inhale. Longer exhale.
Let your body feel the breath.

2. **Ground your feet.**

No shoes if possible.
Feel the floor.
Stand tall.

3. **Decide your response.**

You do not have to react.
You get to choose.

Place your right hand on your heart.

Left hand on your belly.

Say out loud:

I am safe.

I can handle this.

I am allowed to choose my response.

Practice this once this week – even if you are not triggered.

That builds familiarity before stress hits.

Week 2: Build Daily Structure

I protect my energy.

Awareness showed you where you stand.

Now we strengthen your foundation.

Structure is not about becoming rigid.

It is about deciding what you allow into your time, your body, and your life.

When you build even small daily structure, something shifts:

You stop reacting to everything.

You start choosing what deserves access to you.

This week is about protecting your energy.

Protecting your time.

Protecting your focus.

Protecting your standards.

Not loudly.

Not defensively.

Quietly.

Because you are allowed to want more.

And you are allowed to require alignment.

Structure is self-respect in action.

This Week You Will:

- Identify daily non-negotiables
 - Reduce mental clutter
 - Practice decision pauses
- Create predictability in your schedule

Week 2 Practices

Daily Self-Trust Check-In

After completing day's practices:

Today I showed up for myself by:

Right now, I feel: Calm / Clear / Capable / Neutral / Resistant / Energized

One sentence I want to remember from today:

Day 08 – I identified 3 daily non-negotiables

Daily Notes:

Day 09 – I single-tasked my most important objective

Daily Notes:

Day 10 – I protected a 30-minute personal block

Daily Notes:

Day 11 – I paused before agreeing to a request

Daily Notes:

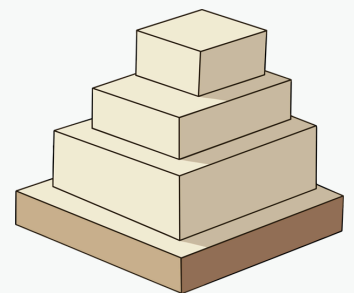
Day 12 – I wrote down my top 3 priorities

Daily Notes:

Day 13 – I cleared one physical space

Daily Notes:

Day 14 – I reviewed what worked this week?



SMALL STRUCTURE. REAL CONFIDENCE.

I do not abandon myself to keep connection.

Week 2 Reflection

This week was about keeping your word to yourself.
Confidence grows quietly.
Pride grows from follow-through.

1. Which non-negotiable was hardest to protect – and why?

2. Where did I default to urgency instead of intention?

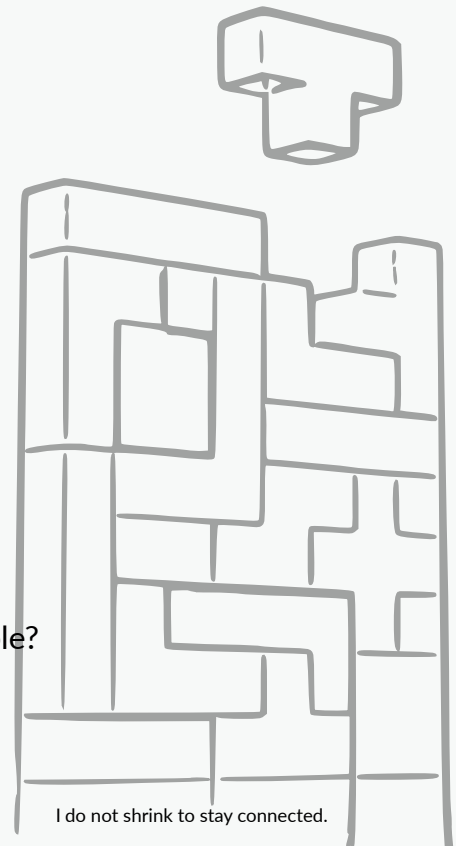
3. What changed when I paused before saying yes?

4. What felt more predictable this week?

5. What did I prove to myself about follow-through?

This question is key.
It builds foundation.

Where did I choose myself this week – even when it felt uncomfortable?



Week 3: Decision & Authority

I move with clarity.

Awareness gave you clarity.

Structure gave you stability.

Now we build movement.
Hesitation erodes self-trust.
Not because you are incapable —
but because delay keeps you in doubt.

This week is about one thing:

Action.

Small.

Intentional.

Aligned.

Not dramatic leaps.

Not reckless decisions.

But movement.
Authority is not a personality trait.
It is a muscle.

And this week, you strengthen it.

This Week You Will:

- Identify one decision you've been avoiding
 - Name the fear behind it
 - Take one aligned micro-action
- Practice choosing instead of circling

Week 3 Practices

Daily Self-Trust Check-In

After completing day's practices:

Today I showed up for myself by:

Right now, I feel: Calm / Clear / Capable / Neutral / Resistant / Energized

One sentence I want to remember from today:

Day 15 – I named the decision I've been avoiding

Daily Notes:

Day 16 – I set a deadline for that decision

Daily Notes:

Day 17 – I identified the fear behind my hesitation

Daily Notes:

Day 18 – I took one micro-action

Daily Notes:

Day 19 – I reviewed my finances with clarity

Daily Notes:

Day 20 – I said "no" where I previously would have said "yes"

Daily Notes:

Day 21 – I reflected on what changed after I moved?

Week 3 Reflection

From Hesitation to Authority

Confidence is not built by thinking.
It is built by acting.

1. What fear lost power once I faced it?
2. Where did I feel stronger after saying no?
3. What decision now feels clearer than it did last week?
4. What did I prove to myself about my ability to move?
5. What happened inside me when I acted instead of hesitated?

This question interrupts fear of change.

What would I ask for — and what would I stop tolerating — if I trusted myself completely?

Fear Breaker

If I trusted myself fully, what would I require — and what would I release?
Take your time.

Requiring something does not make you demanding.

Releasing something does not make you cold.
It makes you clear.

Not everything needs to be confronted.

Not everything needs to be explained.

Not everything deserves your energy.

Sometimes the most powerful move is quiet disengagement.

Release what drains you.

Require what strengthens you.

Then move forward without carrying it.

What I Am Releasing

Not everything needs to be fixed.
Some things simply need to be set down.

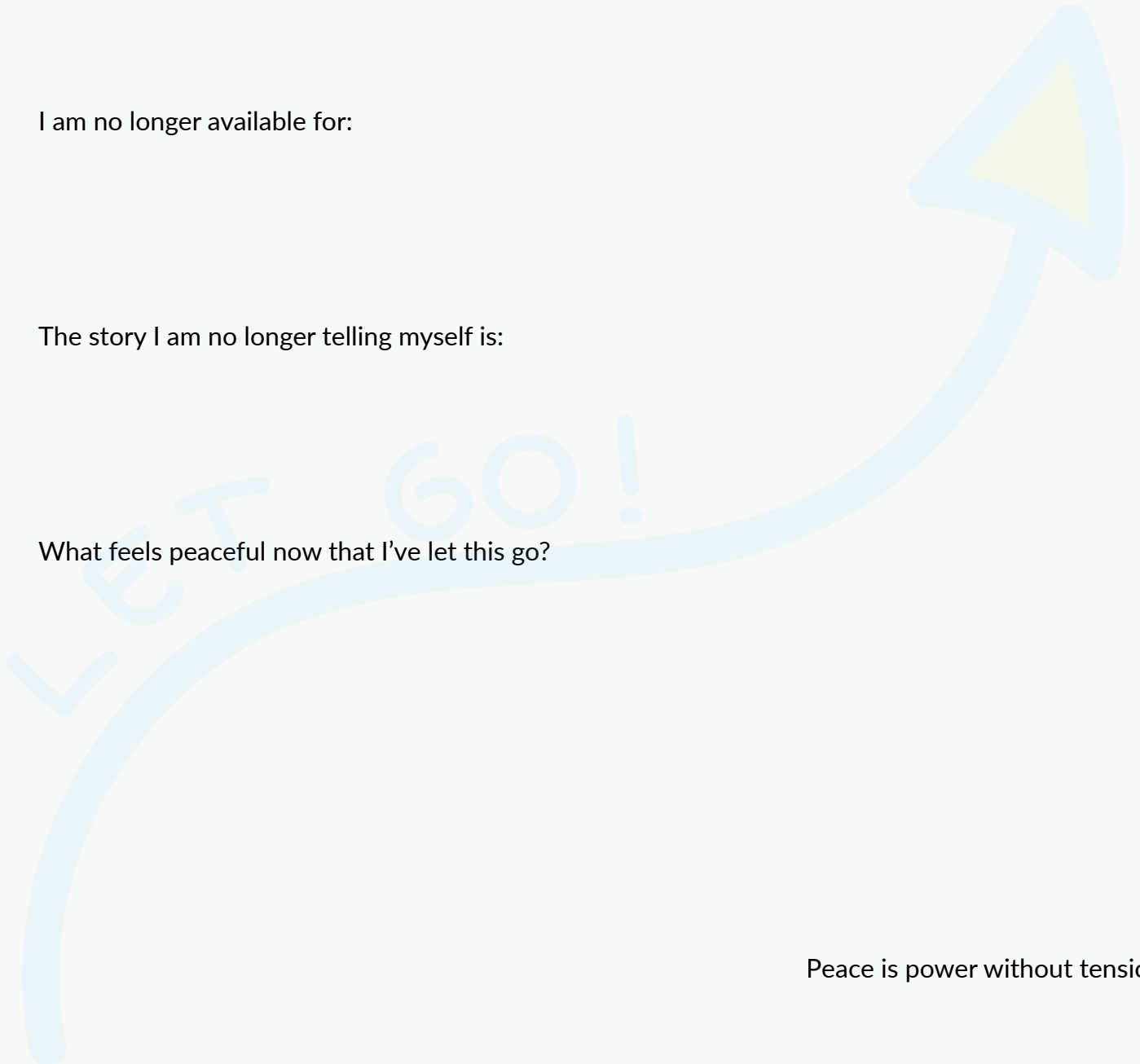
Use this page to name what no longer gets your energy.

I release:

I am no longer available for:

The story I am no longer telling myself is:

What feels peaceful now that I've let this go?



Peace is power without tension.

The Self-Trust Inventory

Where I Stand Now

Before we move forward, pause and acknowledge how far you've already come.

<input type="radio"/>	Regulated my nervous system intentionally
<input type="radio"/>	Kept small promises to myself
<input type="radio"/>	Protected my energy
<input type="radio"/>	Made a decision I was avoiding
<input type="radio"/>	Said no where I once would have said yes
<input type="radio"/>	Released something that drained me
<input type="radio"/>	Chosen clarity over fear
	The biggest internal shift I notice is:
	What feels more peaceful in my life right now?
	I am not who I was 21 days ago.



Week 4 Overview

Peace is not passive.

It creates space for aligned growth.

Now that you have:

Regulated.

Structured.

Decided.

Released.

You no longer move from reaction.

You move from intention.

This week is about:

- Choosing what you build next
- Setting standards you maintain
- Making forward decisions from clarity
- Moving without abandoning yourself

You are not rebuilding because you are broken.

You are building because you are ready.

I expand without losing myself.

Week 4 Practices

Daily Self-Trust Check-In

After completing day's practices:

Today I showed up for myself by:

Right now, I feel: Calm / Clear / Capable / Neutral / Resistant / Energized

One sentence I want to remember from today:

Day 22 – I protected my morning alignment ritual.
(5–10 minutes minimum. Cup first.)

Day 23 – I defined one personal standard I will no longer lower.
(Write it clearly. No negotiation.)

Day 24 – I blocked protected time for future vision planning.
(Minimum 45 minutes. No interruptions.)

Day 25 – I identified one environment that no longer fits who I am becoming.
(This could be a conversation, space, habit, or pattern.)

Day 26 – I intentionally invested energy into a relationship or community that aligns with my standards.
(Not draining. Expansive.)

Day 27 – I released one draining micro-habit permanently.
(Small but symbolic. Example: apologizing unnecessarily.)

Day 28 – I practiced the Emergency Reset Protocol in a real moment.
(Breath. Ground. Decide.)



GROWTH FEELS DIFFERENT WHEN I AM
GROUNDED.

Week 4 Practices

Maintenance Plan

- * One boundary I will maintain:
- * One monthly review I will schedule:
- * One daily practice I will keep:

That makes it feel sustainable.

Day 29 —I reviewed my growth and acknowledged specific evidence of self-trust.

(No minimizing. Write it down.)

Day 30 —I defined one 90-day goal and the standard I will hold while pursuing it...

(Not reactive. Intentional.)

Notice something important:

This week blends:

- Standards
- Environment
- Community
 - Vision
- Maintenance
- Embodied practice

It feels grown.

Not reactive.

Not dramatic.

Stable.

Upon completion of Phase I, you are eligible to apply for Phase II of the Yellow Cedar Project.

GROWTH FEELS DIFFERENT WHEN I AM GROUNDED.

Day 30 - Alignment Commitment

You are no longer moving from reaction.
You are choosing from clarity.
Now decide how you move forward.

My 90-Day Goal

Over the next 90 days, I am building toward:

This goal matters to me because:

The Standard I Will Hold

While pursuing this goal, I will not lower this standard:

Examples might include:

- I do not overextend to prove myself.
- I protect my mornings.
- I do not tolerate disrespect.
- I move at a sustainable pace.
- I do not abandon my body for achievement.

My Internal Agreement

When pressure rises, I will:

If fear appears, I will:

If I feel the urge to shrink, I will:

Final Declaration

I am ready. Ready to move without shrinking. Ready to protect my standards.
Ready to grow without abandoning myself. Ready to choose peace over reaction.
I am ready.

Signature _____

Date _____

